

Patent claims

- 1) A cholesterol-reducing and triglyceride-reducing food comprising water-insoluble carob fiber and at least one n-3 fatty acid, the n-3 fatty acid or the n-3 fatty acids being present at a concentration of at least 15 area % of TFA (area % based on the AOCS Official Method Ce 1b-69; TFA = total fatty acid).
- 2) The agent as claimed in claim 1, wherein the n-3 fatty acid is a polyunsaturated fatty acid having a chain length > C12 having at least two double bonds, or its ester, triglyceride, phospholipid, glycolipid, sphingolipid, wax or sterol ester.
- 3) The agent as claimed in one of claims 1 or 2, wherein the n-3 fatty acid is selected from one or more of the following substances: all-cis-9,12,15-octadecatrienoic acid (ALA), all-cis-6,9,12,15-octadecatetraenoic acid, all-cis-11,14,17-eicosatrienoic acid, all-cis-8,11,14,17-eicosatetraenoic acid, all-cis-5,8,11,14,17-eicosapentaenoic acid (EPA), all-cis-13,16,19-docosatrienoic acid, all-cis-7,10,13,16,19-docosapentaenoic acid (DPA) and all-cis-4,7,10,13,16,19-docosaheptaenoic acid (DHA).
- 4) The agent as claimed in claim 3, wherein the n-3 fatty acid is all-cis-4,7,10,13,16,19-docosaheptaenoic acid (DHA).
- 5) A cholesterol-reducing combination preparation comprising water-insoluble carob fiber and at least one n-3 fatty acid in separate administration forms, the n-3 fatty acid or the n-3 fatty acids being

present at a concentration of at least 15 area % of TFA (area % based on the AOCS official method Ce 1b-69; TFA = total fatty acid).

- 5 6) A method for producing an agent as claimed in one of claims 1 to 4, which comprises mixing at least one carob product and at least one cholesterol-reducing active compound with one another.
- 10 7) The use of an agent as claimed in one of claims 1 to 4 as drug.
- 8) The use as claimed in claim 7 as cholesterol-reducing drug.
- 15 9) The use as claimed in claim 7 for the prophylaxis of hypercholesterolemia, hyperlipidemia or arteriosclerosis.
- 20 10) The use as claimed in claim 7 for the positive shifting of the HDL/LDL ratio.
- 11) The use of an agent as claimed in one of claims 1 to 4 for additional supply with n-3 fatty acids.

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